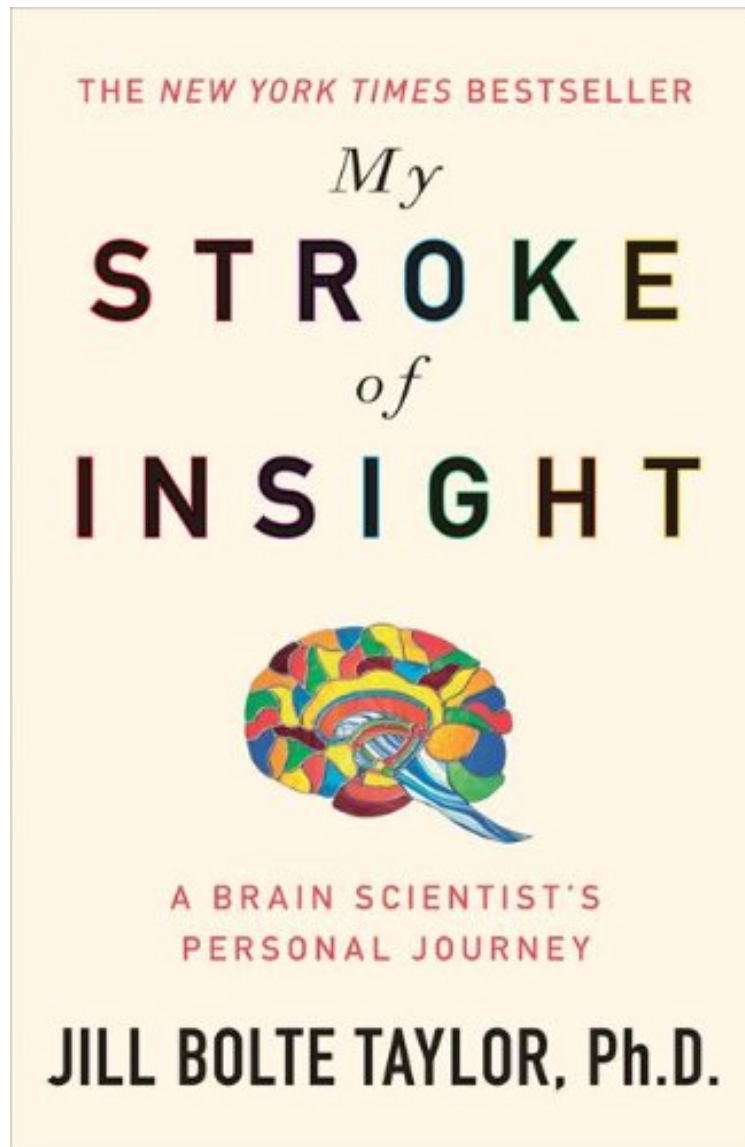


[FREE] My Stroke of Insight (English Edition)

My Stroke of Insight (English Edition)

Von Jill Bolte Taylor

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Von Jill Bolte Taylor : My Stroke of Insight (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised My Stroke of Insight (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen4 von 4 Kunden fanden die folgende Rezension hilfreich. account of a strokeVon Thomas BallyJill Bolton tells us in amazing detail how she lived a stroke which one morning affected an important part of the left hemisphere of her brain, and how she slowly recovered from that affliction to return, many years later, to an (almost) normal life. More importantly, she tells us how it feels to live with only the right hemisphere

of your brain being functional, how, next to the suffering from the severe impairments that come with lack of many of your cognitive abilities, you actually *gain* what Bolton calls "a deep inner peace". This made her reflect on the importance of bringing the two halves of your brain into equilibrium, to lead a life where you can profit fully from your cognitive abilities while your life is not completely dictated by this way of using your brain. Although towards the end the book veers a bit towards the esoteric, I found it utterly captivating and read it with great pleasure and interest.³ von 3 Kunden fanden die folgende Rezension hilfreich. Lesenswerter Erfahrungsbericht Von P. Schaefer Frau Taylor motiviert mich, mein "Hirn" nicht einfach hinzunehmen, sondern dessen Struktur - die Verbindungen zwischen den Hirnzellen - durch Frdern (und Fordern) von erwnschten und Ablehnen von unerwnschten Denkvorgngen langfristig zu beeinflussen.¹ von 1 Kunden fanden die folgende Rezension hilfreich. Brilliant insight Von BAZZAI watched Jill's lecture on TED and having experienced a mild stroke myself I was immediately captured by her charming way of explaining just what happened on that fateful night when they came to carry me off with blue lights flashing. This is great reading for anybody who has ever wondered what roles their left and right brain halves are dedicated to. Through her long recovery Jill retrained her left side to go back to the beginnings and slowly learn how to do all those things that we need to control in order to become the rational, thinking, behavioural persons we are in today's society. An incredible performance by a remarkably creative woman. The book also points out how unique and adaptive the brain is with its ability to compromise and adjust to the different situations and circumstances we meet and have to deal in today's multi-tasking world. We're never really alone, our left side brain is constantly chatting us up. Have a listen.

Produktbeschreibung A brain scientist's journey from a debilitating stroke to full recovery becomes an inspiring exploration of human consciousness and its possibilities On the morning of December 10, 1996, Jill Bolte Taylor, a thirty-seven-year-old Harvard-trained brain scientist, experienced a massive stroke when a blood vessel exploded in the left side of her brain. A neuroanatomist by profession, she observed her own mind completely deteriorate to the point that she could not walk, talk, read, write, or recall any of her life, all within the space of four brief hours. As the damaged left side of her brain--the rational, grounded, detail- and time-oriented side--swung in and out of function, Taylor alternated between two distinct and opposite realities: the euphoric nirvana of the intuitive and kinesthetic right brain, in which she felt a sense of complete well-being and peace; and the logical, sequential left brain, which recognized Jill was having a stroke, and enabled her to seek help before she was lost completely. In *My Stroke of Insight*, Taylor shares her unique perspective on the brain and its capacity for recovery, and the sense of omniscient understanding she gained from this unusual and inspiring voyage out of the abyss of a wounded brain. It would take eight years for Taylor to heal completely. Because of her knowledge of how the brain works, her respect for the cells composing her human form, and most of all an amazing mother, Taylor completely repaired her mind and recalibrated her understanding of the world according to the insights gained from her right brain that morning of December 10th. Today Taylor is convinced that the stroke was the best thing that could have happened to her. It has taught her that the feeling of nirvana is never more than a mere thought away. By stepping to the right of our left brains, we can all uncover the feelings of well-being and peace that are so often sidelined by our own brain chatter. A fascinating journey into the mechanics of the human mind, *My Stroke of Insight* is both a valuable recovery guide for anyone touched by a brain injury, and an emotionally stirring testimony that deep internal peace truly is accessible to anyone, at any time. Questions for Jill Bolte Taylor Amazon.com: Your first reaction when you realized what was happening to your body was one you would expect: "Oh my gosh, I'm having a stroke!" Your second, though, was a little more surprising: "Wow, this is so cool!" What could be cool about a stroke? Taylor: I grew up to study the brain because I have a brother who is only 18 months older than I am. He was very different in the way he perceived experiences and then chose to behave. As a result, I became fascinated with the human brain and how it creates our perception of reality. He was eventually diagnosed with the brain disorder schizophrenia, and I dedicated my career to the postmortem investigation of the human brain in an attempt to understand, at a biological level, what are the differences between my brain and my brother's brain. On the morning of the stroke, I realized that my brain was no longer functioning like a "normal" brain and this insight into my brother's reality excited me. I was fascinated to intimately understand what it might be like on the inside for someone who would not be diagnosed as normal. Through the eyes of a curious scientist, this was an absolutely rare and fascinating experience for me to witness the breakdown of my own mind. Amazon.com: What did you learn about the brain from your stroke and your recovery that your scientific training hadn't prepared you for? Taylor: My scientific training did not teach me anything about the human spirit and the value of compassion. I had been trained as a scientist, not as a clinician. I can only hope that we are teaching our future physicians about compassion in medicine, and I know that some medical schools, including the Indiana University School of Medicine, have created a curriculum with this intention. My training as a scientist, however, did provide me with a roadmap to how the body and brain work. And although I lost my left cognitive mind that thinks in language, I retained my right hemisphere that thinks in pictures. As a result, although I could not communicate with the external world, I had an intuitive understanding about what I needed to do in order to create an environment in which the cells in my brain could be happy and healthy enough that they could regain their function. In addition,

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Kurzbeschreibung On the morning of the 10th December 1996, Jill Bolte Taylor, a thirty-seven-year-old Harvard-trained brain scientist experienced a massive stroke when a blood vessel exploded in the left side of her brain. A neuroanatomist by profession, she observed her own mind completely deteriorate to the point that she lost the ability to walk, talk, read, write, or recall any of her life, all within the space of four hours. As the damaged left side of her brain the rational, logical, detail and time-oriented side swung in an out of function, Taylor alternated between two distinct and opposite realities: the euphoric Nirvana of the intuitive and emotional right brain, in which she felt a sense of complete well-being and peace; and the logical left brain, that realized Jill was having a stroke and enabled her to seek help before she was lost completely. In *My Stroke of Insight: A Brain Scientist's Personal Journey*, Taylor brings to light a new perspective on the brain and its capacity for recovery that she gained through the intimate experience of awakening her own injured mind. The journey to recovery took eight years for Jill to feel completely healed. Using her knowledge of how the brain works, her respect for the cells composing her human form, and an amazing mother, Taylor completely repaired her mind and recalibrated her understanding of the world according to the insight gained from her right brain that December morning. A brain scientist's journey from a debilitating stroke to full recovery becomes an inspiring exploration of human consciousness and its possibilities. On the morning of December 10, 1996, Jill Bolte Taylor, a thirty-seven-year-old Harvard-trained brain scientist, experienced a massive stroke when a blood vessel exploded in the left side of her brain. A neuroanatomist by profession, she observed her own mind completely deteriorate to the point that she could not walk, talk, read, write, or recall any of her life, all within the space of four brief hours. As the damaged left side of her brain--the rational, grounded, detail- and time-oriented side--swung in and

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